Bean Patties with Broccoli & Cauliflower Mash



Soft, protein-rich bean patties with veggies, served with a creamy broccoli and cauliflower mash. Dairy-free, egg-free and full of goodness for little tummies!

MAKES
12 PATTIES
(6 toddler portions)

PREP TIME
20 minutes

COOKING TIME
20–25 minutes

FREEZER FRIENDLY
Yes
(up to 2 months)

Ingredients

- **1 × 400 g tin white beans** (± 240 g drained)
- **2 carrots** (± 150 g, finely grated)
- **1 courgette** (± 150 g, grated)
- **1 small onion** (± 2 tbsp, finely chopped)
- **60 g oat flour** (± ½ cup, plus extra if needed)
- **1 tbsp olive oil** (plus a little for cooking)
- **1 tsp dried mixed herbs** (e.g. oregano, thyme)
- **300 g broccoli** (± ½ medium head)
- **300 g cauliflower** (± ½ small head)
- **Salt and pepper** to taste

Method

1. Drain and rinse the white beans. Mash with a fork until mostly smooth.
2. Finely grate the carrots and courgette. Finely chop the onion.
3. In a large bowl, combine the mashed beans, grated vegetables, oat flour, olive oil, herbs, salt and pepper. Mix well. If the mixture feels too wet, add a little more oat flour.
4. Shape into 12 small, flat patties (about the size of a large chicken nugget).
5. Heat a little olive oil in a non-stick pan and cook the patties for 3–4 minutes per side until golden, or bake at 200°C for 15–20 minutes, turning halfway.
6. Cut the broccoli and cauliflower into small florets.
7. Steam or boil the broccoli and cauliflower until very tender (about 8–10 minutes). Drain well.
8. Mash the broccoli and cauliflower together until smooth and creamy. If needed, add 1–2 tbsp of the cooking water to reach your preferred texture. Season lightly.
9. Cool and portion: 2 patties + ±100 ml mash per child (± 250 ml total).

Portion guide (per child)

2 bean patties + 100 ml broccoli & cauliflower mash (± 250 ml total)